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## HEATING INSTRUCTIONS

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*Instructions are for heating 1 steam heating bag or bowl. For more than 1 bag or bowl, adjust heating time accordingly. No need to thaw edamame before heating.*

### **INSTRUCTIONS FOR EDAMAME PODS IN STEAM HEATING BAGS**

**MICROWAVE:** Remove a bag from the box. There's no need to puncture holes through the steam heating bags. Heat frozen package of edamame in microwave oven for up to 3 minutes or until the desired serving temperature is reached. Sprinkle edamame with salt if desired and enjoy.

**BOILING WATER:** Bring 1 cup of water to boil in a medium-sized pot. Remove a bag from the box. Open bag and place edamame in boiling water. Cover pot and boil edamame for 3 minutes. Move pot to sink and cool edamame with cold running water. Drain water and transfer edamame to a serving container. Sprinkle edamame with salt if desired and enjoy.

### **INSTRUCTIONS FOR EDAMAME PODS IN MICROWAVABLE BOWLS**

**MICROWAVE:** Do not defrost edamame before heating. Puncture a small hole through the top film of package before heating. Heat frozen package of edamame in microwave oven for up to 3 minutes or until the desired serving temperature is reached. Sprinkle with salt if desired and enjoy.